

# Stress...

## So Many Demands, So Little Time...



1. Stress is your body's way of reacting to life's pressures
2. Lots of places and things can make you feel stressed:
  - School
  - Home
  - Family & Friends
3. Some stress is good- but if it makes you feel sad and irritable- WATCH OUT!!!
4. Learn to recognize the signs of stress
  - ◇ Physical- headache, pounding heart, trembling
  - ◇ Behavioral- anxious, poor eating, sleeping problems
5. Figure out what things make you feel stressed
6. Managing your stress is important:
  - ✓ Deep Breathing
  - ✓ Exercise
  - ✓ Meditation
7. Reduce the stress in your life by scheduling daily periods of relaxation and exercise, eating right, and getting enough rest



Alabama Department of Rehabilitation Services  
Children's Rehabilitation Service